

1-24-2019

## ISSO Weekly Newsletter, January 24, 2019

University of Northern Iowa. International Students and Scholars Office.

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# ISSO Weekly Newsletter

Thursday, January 24 2019

## ACTIVITIES AND EVENTS

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### International Coffee Hour Returns!

Free coffee, tea and refreshments every Thursday from 3-4 during our International Coffee Hour. Our goal is to bring people together, share event information, and spread awareness of the international community on campus.

### UNI Volunteer Fair January 30

Network with local nonprofit organizations as well as find volunteer and internship opportunities in the Cedar Valley at the Volunteer Fair from 11 a.m. to 1 p.m., Wednesday, January 30, in Old Central Ballroom, Maucker Union.

### Ski Trip to Chestnut Mountain February 2

Join the International Students and Scholars Office on Saturday, February 2 for a ski trip to Chestnut Mountain in Galena, Illinois. Bus will be leaving by 7 am and returning to campus by 6 pm. The cost of the trip is \$80 per person, which includes equipment, group lesson, helmet and transportation (does not include meals). \$80 must be in CASH only. We only have limited spaces. Please sign up using this [form](#) and bring the money to the ISSO office in 113 Maucker Union by Monday, January 29 by 4:00 pm. Payment in full and sign up form is required for a reserved spot.

### ISA Valentine's Day Dance February 8

The International Student Association is bringing back its annual Valentine's Dance. The theme for this year is "Once Upon a Time." The dance is open to all students. Join us for food, games and entertainment. The dance will be held on February 8 from 8-11 pm in the Old Central Ballroom of Maucker Union.

### UNI Job and Internship Fair February 18

The [UNI Job and Internship Fair](#) will feature more than 160 organizations including employers and non-profits. All majors and grade levels are encouraged to attend on Monday, February 18 from 11am-3pm in the McLeod Center.

### Phone Scams Targeting International Students

There have been reports at several universities of telephone-based scams targeting international students. The suspects are contacting the students by phone pretending to be police officers or government officials telling them that they owe money for fines levied against them and to comply with their instructions or face deportation. Sometimes a credit card number is requested, or the victims are advised to purchase prepaid cards to "pay off" fines or face arrest. Actual police

department phone numbers are provided to the victims. Once the victims provide their credit card number, the suspects electronically transfer the money. If you are contacted in this fashion, please hang up - do not talk with or provide any information to the caller. No government or police agency will ever demand money or conduct business in this fashion. You should never comply with such requests and never provide personal information, such as your social security number, bank account number or credit card number to anyone that calls you. Please call University Police at [319-273-2712](tel:319-273-2712) if you receive one of these calls.

### **UNI Ukulele Club**

Come join the UNI Ukulele Club which meets on Wednesdays from 6-7 pm in 116 Russell Hall. Beginners are welcome and ukuleles are provided!

### **Korean Language and Culture Club**

Are you interested in learning about the Korean language and culture? Join the [Korean Language and Culture Club](#). Contact Dongyub Back at [backd@uni.edu](mailto:backd@uni.edu).

### **International Students in Business**

[International Students in Business \(ISB\)](#) is a business student organization created to become the voice of international students to support both academic and professional success. Bi-weekly meetings 6:00 pm - 7:00 pm @ CBB Hall of Flags. Leadership opportunities are available. If interested, please contact at [shahina.amin@uni.edu](mailto:shahina.amin@uni.edu) or [parksaf@uni.edu](mailto:parksaf@uni.edu).

## **IMMIGRATION**

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### **Full-time Enrollment Requirement**

This is a friendly reminder that all F-1 and J-1 students must be registered as full-time students. (12+ hours of undergraduate credit or 9+ hours of graduate credit). Being enrolled less than full-time without proper approval will result in the loss of your good immigration status and may prevent you from earning your UNI degree. Even worse, you could be arrested and deported from the USA! If you have questions, do not ask your friends, but ask the professional staff in the International Students and Scholars Office. You should review the reminders on our web site (<https://isso.uni.edu/immigration>) at least once per semester. Exceptions to the full-time rule are: certain academic difficulties (improper course level placement, initial difficulty with American teaching methods), medical/health reasons, final semester of study, and graduate students working full-time on research or dissertation. ALL of these exceptions MUST be approved by the Immigration & Advising Coordinator in advance!

## **HEALTH AND WELLNESS**

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### **Health Hub Newsletter**

Check out the November issue of [Health Hub](#) for events and services offered by the Health Clinic, Student Wellness Services and the Counseling Center.

### Make Time to Take Care of You

As we go about our busy schedules, it can often be difficult to slow down, take a break, and consider getting some much needed rest before our health begins to spiral. Here is a list of ways to exercise self-care and ensure steps toward a healthier and better life. The top three on the list are (1) know your limits; (2) get enough sleep; and (3) make nutritious choices. See attachment. Follow [UNI Student Health](#) on Twitter for more tips to take care of your mind and body.

### Like and Follow Us!

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*The University of Northern Iowa provides transformative learning experiences that inspire students to embrace challenge, engage in critical inquiry and creative thought, and contribute to society.*